

NEW ERA SENIOR SECONDARY SCHOOL

PHYSICAL EDUCATION YEAR PLAN (CLASS-WISE & MONTH-WISE)

CLASS 2

Month	Activity	Objective	Outcome
April	Running & jumping	Motor development	Strength
June	Toss & clap	Hand eye Coordination	Better focus, Reaction speed
July	Dodge ball	Agility, speed, strategy	Teamwork, Physical fitness, Quick reflexes
August	Simple dribbling (Football & Basketball)	Motor skills	Control & focus
September	Basketball shooting	Aim	Accuracy
October	Shuttle race	Speed	Agility
November	Skipping	Rhythm	Balance
December	Push pass football	Basic foot control	High control, Maintain possession
January	Recreational games	Teamwork, Coordination	Communication skill, Strategic thinking
February	Table tennis (Basics)	Coordination	Control
March	Zig-zag dribble	Speed, Maintain balance, control	Agility, coordination, Reaction time